

BAB IV

KESIMPULAN DAN SARAN

4.1. Kesimpulan

Jenis produk teh hitam umumnya ada 2 yaitu *tea bag* dan *loose tea*. Kedua jenis produk tersebut memiliki aktivitas antioksidan dan kandungan polifenol yang berbeda. Aktivitas antioksidan dan kandungan polifenol juga dipengaruhi oleh suhu dan waktu penyeduhan. Berdasarkan studi literatur yang dilakukan, diketahui bahwa jenis produk teh hitam *tea bag* dan *loose tea* dari berbagai merk memiliki aktivitas antioksidan dan kandungan polifenol yang berbeda – beda. Pada kondisi penyeduhan yang sama, jenis *tea bag*, memiliki aktivitas antioksidan dan kandungan polifenol yang lebih tinggi dibandingkan dengan *loose tea*. Suhu dan waktu penyeduhan pada kedua jenis produk teh hitam tersebut berpengaruh terhadap aktivitas antioksidan dan kandungan polifenolnya. Semakin tinggi suhu (30°C – 90°C) dan semakin lama waktu penyeduhan (3 – 10 menit), menghasilkan aktivitas antioksidan dan kandungan polifenol yang semakin tinggi. Suhu yang tinggi, menyebabkan proses ekstraksi teh berlangsung lebih cepat.

4.2. Saran

Suhu dan waktu penyeduhan teh hitam yang digunakan sebaiknya berkisar antara 90 – 100°C dengan waktu 3 menit, dan pada suhu 80°C dengan waktu 5 menit untuk *tea bag* dan 60 menit dengan suhu 80°C untuk *loose tea*, agar aktivitas antioksidan dan kandungan polifenol dalam teh hitam dapat memberikan manfaat kesehatan yang lebih maksimal bagi tubuh.

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